



Wellness-Fitness



Hubert H. Humphrey Health and Wellness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am	Pilates 6:30am	Core Training 6:30am	<u>7:15am</u> Boot Camp (30min)	Core Training 6:30am	
11:45 am	Functional Fitness (45min)	Kick Boxing (45min)	Boot Camp 11:45 (45min)	Kick Boxing (45min)	Steptacular (45min)
12:30 pm	Volleyball (60min)	Boot Camp (45min)	Steptacular Express 12:30-1:00 (30min)	Plyo-Pump (45min)	
1:00		Volleyball Basics 1:15-2:15			Fun Friday Fitness (Outdoor) 12:30-1:15
1:30 pm	Basketball (60min)		Volleyball 2:00pm (60 min)	Yoga (60 Min)	Basketball (60min)
4:30 pm		Yoga *(60min)*		Yoga *(60min)*	
5:45 pm	Jazzercise *(60min)*	Jazzercise *(60min)*	Jazzercise *(60min)*	Jazzercise *(60min)*	

NOTES: -A class may be cancelled without notice ... exercise equipment is available for signup in this

-At least two class members must be present to conduct a class.

Bold Text Indicates New Class

**Indicates that sign-up and fee is required in order to attend class.